



ARCHAEOLOGICAL INSTITUTE OF AMERICA TOURS

Kenya & Tanzania Wildlife & Human Origins in East Africa

Suggested Media Guide

Here is a brief selection of favorite, new, and hard-to-find books relevant to your journey. These books should be available at local public or university libraries, and most of them may be purchased and/or downloaded for e-readers through local and online bookstores.

GUIDEBOOKS & MAPS

Barsby, Jane. *Kenya - Culture Smart! The Essential Guide to Customs & Culture*. Kuperard, 2017.

Benjamin, Martin. *Lonely Planet Swahili Phrasebook & Dictionary*. Lonely Planet, 2014. This book is a passport to the most relevant Swahili phrases and vocabulary for all your travel needs.

Briggs, Philip. *East African Wildlife*. Bradt Travel Guides, 2016. This indispensable guide offers all the information you need to get the most out of wildlife watching in East Africa. It provides a colorful overview of the region's variety of large animals together with information on their habits and habitats.

DK Eyewitness. *DK Eyewitness Travel Guide: Kenya*. Dorling Kinders, 2015. This is an in-depth guide to the very best of Kenya, from safari adventures to spectacular wildlife in its world-famous parks.

Estes, Richard D. *The Safari Companion: A Guide to Watching African Mammals*. Chelsea Green Publishing, 1999. The best field guide to observing and understanding the behavior of African mammals.

Kavanaugh, James. *East African Wildlife: A Folding Pocket Guide to Familiar Species in Kenya, Tanzania & Uganda (Wildlife and Nature Identification)*. Waterford Press, 2017. This beautifully illustrated guide highlights over 120 familiar and unique species of mammals, birds and reptiles the area is famous for.

Kavanaugh, James. *East Africa Birds: A Folding Pocket Guide to Familiar Species in Kenya, Tanzania & Uganda (Wildlife and Nature Identification)*. Waterford Press, 2017. East Africa is home to nearly 1,400 species of birds. This beautifully illustrated guide highlights over 140 familiar and unique species and includes a map featuring prominent bird-viewing areas.

Kingdon, Jonathan. *The Kingdon Pocket Guide to African Mammals*. Princeton University Press, 2020. A convenient, compact edition of Kingdon's *Field Guide to African Mammals*, with abbreviated information on identification, distribution, ecology, and conservation status.

Nelles Verlag. *Kenya Serengeti (Tanzania)*. Map. NELLES, 2020. Folded map of Kenya and the Serengeti (Tanzania) with insets of Central Nairobi and Mombasa. (Includes the places we visit.)

HISTORY, TRAVEL & BIOGRAPHY

Briggs, Philip. *Northern Tanzania: Serengeti, Kilimanjaro, Zanzibar*. Bradt Publications, 2017. A compact, practical overview of the history, wildlife, and attractions of the Serengeti and surrounding parks, including Zanzibar.

Hemingway, Ernest. *Green Hills of Africa*. Zinc Read, 2023. Hemingway paints the true story of his ramblings on safari in this classic, exquisitely written tale of hunting around Lake Manyara.

Matthiessen, Peter and Jane Goodall (Introduction). *The Tree Where Man Was Born*. Penguin Classics, 2010. A classic portrait of East Africa, enthralling in its detail on nature and daily life. Includes Maasai, Ngorongoro, the Kenyan highlands, and Matthiessen's field trips, safaris, and adventures in the Serengeti.

Meikuaya, Wilson and Jackson Ntirikana. *The Last Maasai Warriors: An Autobiography*. Me to We, 2016. Wilson and Jackson are two brave warriors of the Maasai, an intensely proud culture built on countless generations steeped in the mystique of tradition, legend and prophecy. They represent the final generation to literally fight for their way of life, coming of age by proving their bravery in the slaying of a lion. They are the last of the great warriors.

Naipaul, Shiva. *North of South: An African Journey*. Penguin Classics, 1997. A sharp portrait of Africa, circa 1979. A brilliant and provocative observer, Naipaul meditates on the various peoples he encounters in Kenya, Tanzania and Zambia.

Norton, Boyd. *Serengeti: The Eternal Beginning*. Fulcrum Publishing, 2011. Award-winning author-photographer Boyd Norton draws upon his extensive experiences and photographs of the Serengeti ecosystem, including the Serengeti National Park, Kenya's Masai Mara, and Ngorongoro Crater.

Saitoti, Tepilit Ole and John Galaty (Introduction). *The Worlds of a Maasai Warrior: An Autobiography*. University of California Press, 1988. Bridging several worlds with tremendous grace, Saitoti looks back on his life among the Maasai, both as spokesperson for his tribe and as one of the first Maasai safari guides.

LITERATURE & MEMOIR

Adamson, Joy. *Born Free: A Lioness of Two Worlds*. Pantheon Books, 2000. This is a story of a lion cub in transition between the captivity in which she is raised and the fearsome wild to which she is returned. Adamson's remarkable tale is an idyll, and a model, to return to again and again.

Blixen, Karen. *Out of Africa*. Penguin, 2001. A poignant farewell to her beloved Kenya, Out of Africa describes her strong friendships with the people of her area, her affection for the landscape and animals, and great love for the adventurer Denys Finch-Hatton.

Markham, Beryl. *West with the Night: A Memoir*. North Point Press, 2013. Markham evokes the landscapes, people, and wildlife of East Africa in engrossing detail in this classic memoir of amazing adventures as a bush pilot in 1930s Kenya.

Thiong'o, Ngugi wa. *A Grain of Wheat*. Penguin Classics, 2012. Set in the wake of the Mau Mau rebellion and on the cusp of Kenya's independence from Britain, it follows a group of villagers whose lives have been transformed by the 1952–1960 Emergency. As we learn of the villagers' tangled histories in a narrative interwoven with myth and peppered with allusions to real-life leaders, including Jomo Kenyatta, a masterly story unfolds in which compromises are forced, friendships are betrayed, and loves are tested.

SCIENCE

Maslin, Mark. *The Cradle of Humanity: How the Changing Landscape of Africa Made Us So Smart*. Oxford University Press, 2019. This book brings together the latest insights from hominin fossils and combines them with evidence of the changing landscape of the East African Rift Valley to show how all these factors led to selection pressures that favored our ultrasocial brains. Astronomy, geology, climate, and landscape all had a part to play in making East Africa the cradle of humanity and allowing us to dominate the planet.

Maxon, Robert M. *East Africa: An Introductory History*. West Virginia University Press, 2009. This book surveys East Africa's political, economic, and social history from pre-colonial to modern times. Maxon reveals the physical movement and societal development of and between ethnic groups before the 1890s; the capitalistic impact of European colonialism in the early nineteenth century; and the achievement and aftermath of independence in East Africa during the latter part of this century.

Reader, John. *Missing Links: In Search of Human Origins*. Oxford University Press, 2011. This is the story of the search for humanity's origins--from the Middle Ages, when questions of the earth's antiquity first began to arise, through to the latest genetic discoveries that show the interrelatedness of all living creatures.

Roberts, Dr. Alice. *Evolution: The Human Story, 2nd Edition*. DK, 2018. Interweaving latest discoveries, maps, and incredible illustrations, *Evolution* tells the story of our origins and helps us better understand our species, from tree-dwelling primates to modern 21st-century humans.

Scoon, Roger. *Geological Highlights of East Africa's National Parks*. Penguin Random House South Africa, 2022. The national parks and reserves of East Africa are widely known for their rich and abundant wildlife. This book presents the geological highlights of the region's intriguing landscape. It is a guide that escorts users around all the major – and some minor – parks of Kenya, Tanzania, and Uganda.

Tattersall, Ian. *Understanding Human Evolution (Understanding Life)*. Cambridge University Press, 2022. This compact and accessible book presents a modern view of human evolution. Written by a leading authority, it lucidly and engagingly explains not only the evolutionary process, but the technologies currently used to unravel the evolutionary past and emergence of *Homo sapiens*.

MUSIC

Music of Kenya. <https://festival.si.edu/2014/kenya/music-playlist/smithsonian>.

Music of Tanzania. <https://worldmusiccentral.org/world-music-resources/musician-biographies/tanzanian-music/>.

Various Artists. *The Music of Kenya and Tanzania: The Rough Guide*. World Music Network, Audio CD, 1996.

DOCUMENTARIES & MOVIES

Africa, The Serengeti. Director: George Casey. Slingshot, 1994. James Earl Jones narrates this dazzling 38-minute IMAX documentary of the migration of wildebeest in the Serengeti and Maasai Mara.

Mountains of the Moon. Director: Bob Rafelson, 1990. This film traces the friendship between Victorian explorers Richard Burton and John Hanning Speke that broke down during their 1856 expedition to find the source of the Nile, a route that took them through East Africa from Zanzibar to the shores of Lake Victoria. © Artisan Entertainment

The Flame Trees of Thika. Director: Roy Ward Baker, 1982. Elspeth and her unconventional parents decide to settle down in British East Africa and begin a coffee plantation. This is a time of discovery for Elspeth, as she encounters the incredible beauty and cruelty of nature, and new friendships with both Africans and British expatriates. Eventually, however, the excitement of her life is disrupted by the onset of the First World War and the changes it brings. Based on the 1959 memoir by Elspeth Huxley. © HBO Films

Out of Africa. Director: Sydney Pollack, 1985. The true story of Baroness Karen Blixen-Finecke, a Danish woman who relocated to the British East Africa Protectorate (Kenya) with her husband in 1914 to take charge of a large coffee plantation. Based on Blixen's 1937 autobiographical account written under the pen name "Isak Dineson." *Out of Africa* won seven Academy Awards in 1986, including Best Picture. © Universal

The African Queen. Director: John Huston, 1951. This classic film starring Humphrey Bogart and Katherine Hepburn is set in German East Africa (present-day Tanzania) at the start of the First World War. The story focuses on the relationship that develops between a prim missionary (Hepburn) and the crotchety steamboat captain (Bogart) hired to transport her to safety after the war breaks out. Based on the 1935 novel by C.S. Forester. © Horizon Pictures

Nirgendwo In Afrika / Nowhere in Africa. Director: Caroline Link, 2001. In the late 1930s, a Jewish family, the Redlichs, reluctantly emigrate from Germany to British East Africa to manage a farm. At first, not all members of the family come to accept their new life in such an "uncivilized" society. However, with a return to Germany impossible given the persecution of Jews, the Redlichs must make the adjustment. They soon find themselves treated more humanely by Africans than they ever were in the supposedly civilized Europe from which they fled. Based on the 1995 autobiographical novel by Stefanie Zweig. © Sony Pictures

White Mischief. Director: Michael Radford, 1988. Set in British East Africa (Kenya) during the 1940s, this film offers a fascinating study of the decadence and moral bankruptcy of life in "Happy Valley," a colonial enclave in the eastern highlands outside Nairobi. The plot revolves around a lovers' triangle that ends in murder, but it also highlights the arrogance, idleness, and debauchery of the colonial expatriates. Based on the 1987 novel by James Fox. © Nelson Entertainment

The Kitchen Toto. Director: Harry Hook, 1988. Mwangi is a Kikuyu boy whose preacher father is murdered by Mau Mau rebels in 1950. Soon afterward he goes to work as a house servant for a colonial police officer and his wife and young son. When the rebels kidnap Mwangi and make him swear allegiance to their cause, a potentially explosive situation arises. A gripping story about one of the bloodiest episodes in the history of British decolonization and the birth of modern Kenya. © Warner Home Video

Something of Value. Director: Richard Brooks, 1957. Peter, a Kenya settler boy, and Kimani, a Kikuyu, are childhood friends. After his father is jailed for following tribal customs, Kimani joins the Mau Mau rebellion. Kimani believes in the cause, but does not agree with the indiscriminate killing of women, children, and those who will not join or support the rebels. Peter, even after the deaths of his little sister and brother by the Mau Mau, still believes that there is a chance for peaceful co-existence. Based on the 1955 novel by Robert C. Ruark. © MGM

The Constant Gardener. Director: Fernando Meirelles, 2005. Justin Quayle, a British diplomat stationed in Nairobi, investigates the brutal murder of his healthcare activist wife despite the wishes of his superiors that he rely upon the official inquiry for answers. Instead, Quayle discovers a sinister conspiracy between his government and the pharmaceutical industry to test experimental drugs on unsuspecting Nairobi slum dwellers. Based on the best-selling 2001 novel by John Le Carré with scenes filmed in Kibera, Nairobi's notorious slum and the largest in all of Africa. © Universal

To the Ends of the Earth: Birds of East Africa. This documentary, introduced by renowned conservationist Jane Goodall and narrated by National Geographic's Bill Jones, focuses on the remarkable lives of East African birds. Wildlife photographer Todd Gustafson captures stories of competition, courtship, family, hunting, and flight, illustrating the hidden world of these avian species and highlighting the shared experiences between humans and other species.

TELEVISION

PBS Wildlife Series

Running with the Beast. This *Nature* episode follows the Great Migration in East Africa, where over a million wildebeest, along with zebras, gazelles, and elands, embark on an epic journey in search of fresh grass. Maasai guides Derrick Nabaala and Evalyn Sintoya share insights into this spectacle, which is part of their cultural heritage. The documentary also explores the threats posed by climate change, tourism, and modern-day conflicts to this delicate ecosystem.

Life at the Waterhole. In this series, Dr. M. Sanjayan and his team uncover the complex dynamics of a manmade waterhole in Tanzania, rigged with cameras. Viewers witness the daily drama as elephants, lions, leopards, and other wildlife congregate and compete for water at this vital oasis. The series provides unique insights into the lives of iconic African animals and the increasingly important role of water in the face of climate change.

BBC Wildlife Series

Planet Earth II (2016). This landmark series, narrated by Sir David Attenborough, dedicated an entire episode to exploring the savannas of East Africa. It featured breathtaking footage of iconic species like lions, elephants, and giraffes, as well as lesser-known creatures like the sengi or elephant shrew. The episode highlighted the region's unique landscapes and the remarkable adaptations of its wildlife to survive in this harsh yet beautiful environment.

Africa (2013). Narrated by Sir David Attenborough, this six-part series provided an in-depth look at the diverse habitats and wildlife across the African continent. The "Savannah" episode focused extensively on East Africa, showcasing the epic annual migration of wildebeests and zebras in the Serengeti, as well as the predator-prey dynamics between lions, cheetahs, and their prey species.

Wild Africa (2001). This six-part series, narrated by Fergal Keane, explored the natural history of Africa's varied environments. The "Savannah" episode covered the vast grasslands of East Africa, featuring stunning visuals of wildebeest migrations, lion prides, and other iconic savannah wildlife.